



CYCLE OF

HOPE

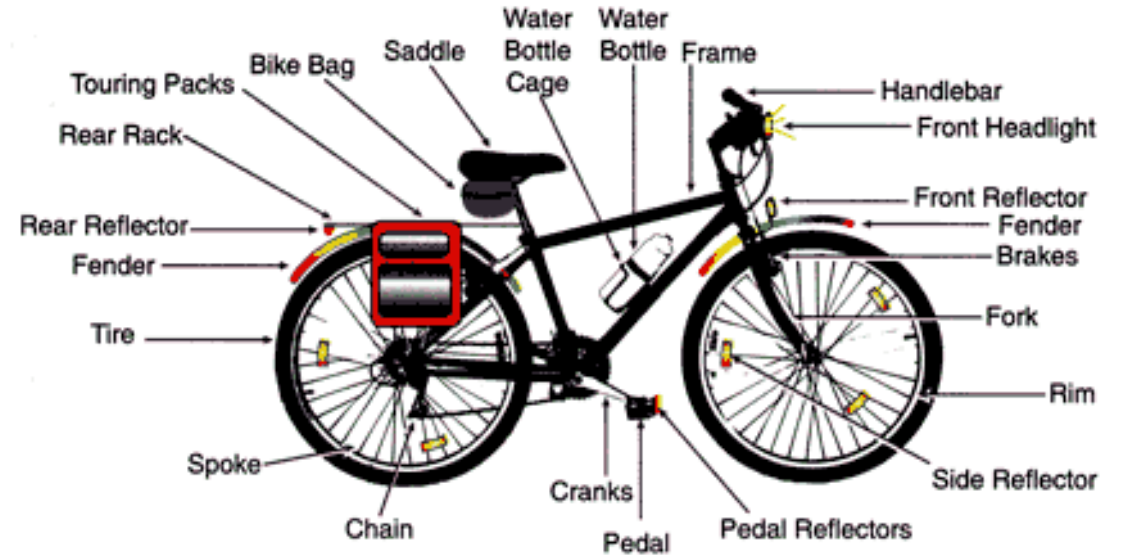
2026

**Bike
Maintenance**

Bike Maintenance

Get to know your bike

- Identify the components
 - Understand how they work
- Be comfortable with basic cleaning
 - Watch our Facebook page for tips
- Be comfortable with making minor adjustments
- Bring along basic tools and supplies to facilitate repairs



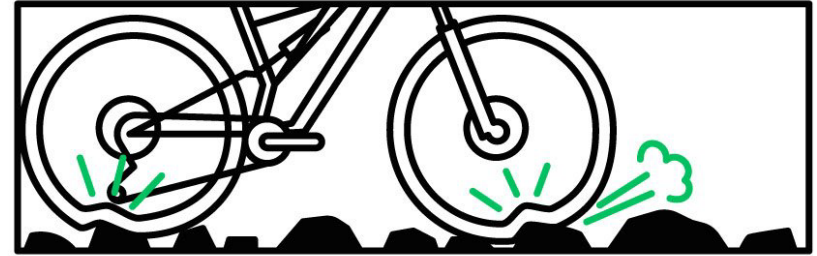
Bike Repairs – Drive Train

- ABC Checklist:
 - Air – Make sure your tires are inflated properly and rolling smoothly
 - Brakes – Ensure that your brakes are functioning properly
 - Chain & Crank – Make sure that your crank is tight and the chain is clean & properly lubricated
- Check to ensure your wheel quick releases are locked!

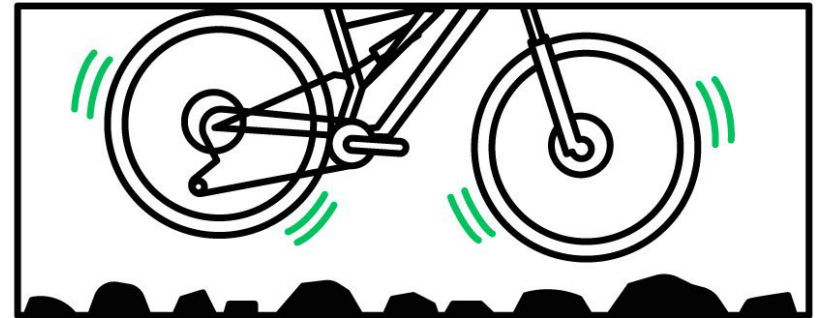


Tire Pressures

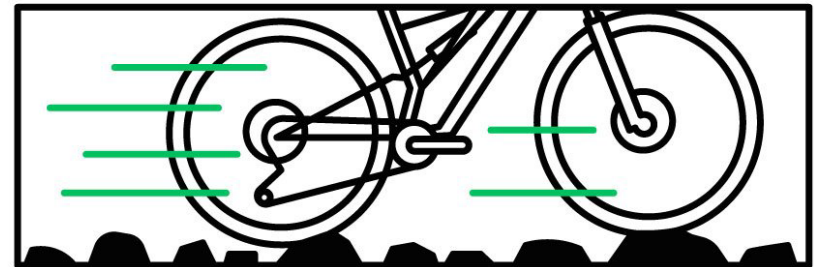
- Tire pressure too Low:
 - Increased rolling resistance, pinch flats and more wear
- Tire pressure too High:
 - Harsh, bumpy ride and less traction
- The right tire pressure can make a huge difference in your ride experience
 - Benefits include: comfort, better grip and performance



Too little



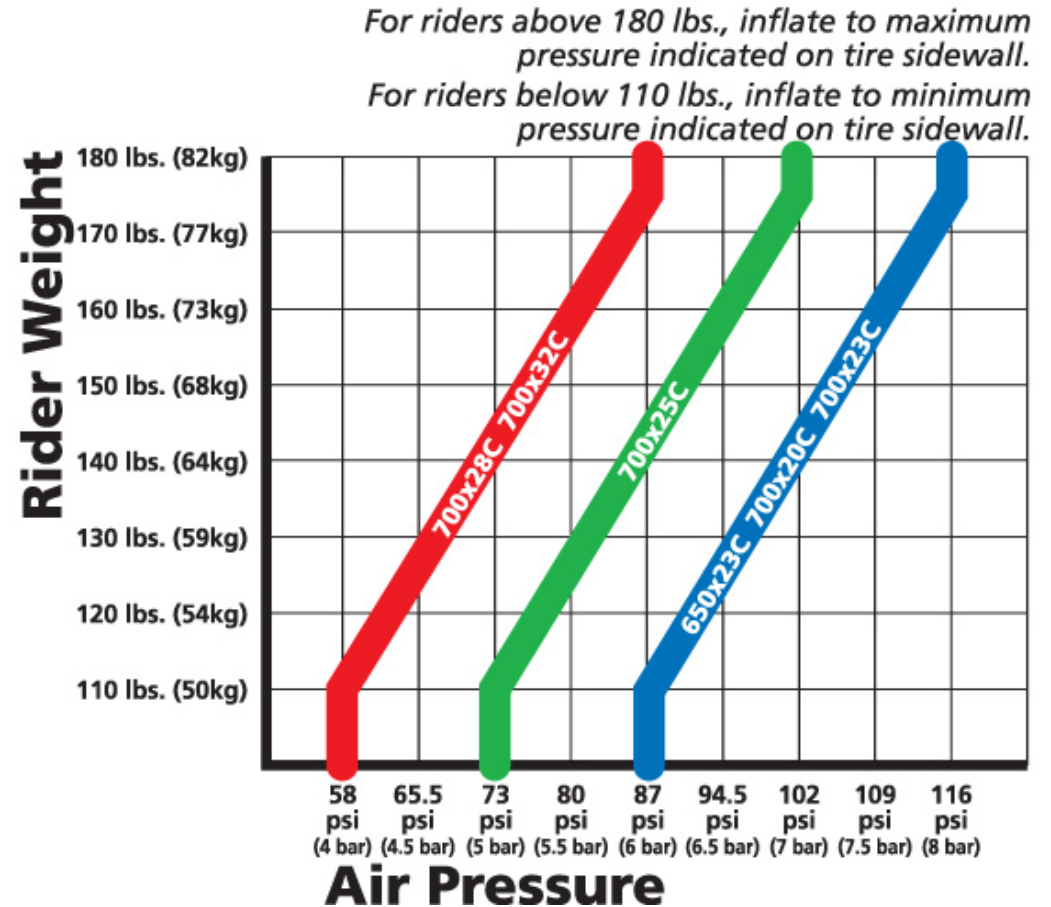
Too much



Just right

Tire Pressures

- The right pressure is based on the tire specifications and rider weight.
 - This chart is a good guide for road tires. Do not exceed the manufacturer's specifications shown on the sidewall of the tire
 - Always check the pressures at the same temperature as you will be riding.



Good Resources

- Tire Pressures
 - [Silca Pro Tire Pressure Calculator](#)
 - [SRAM Tire Pressure Guide](#)
 - [Trek – How to Pump your Tires](#)



Essential Tools

- Basic bike safety kit:
 - Tire levers
 - Spare tube(s)
 - Patch kit (optional)
 - Cycling multi-tool
 - Tire pump or CO2 System
 - Chain lubricant (optional)



Fixing a Flat - DIY

- Remove the wheel from the bike
- Remove the tire from the wheel
- Remove the tube & inspect
 - Determine the cause
- Repair or replace the tube
- Reinstall the tube
 - Partially inflated helps
- Reinstall the tire & inflate
- Mount the wheel on the bike



Basic Safety Kit

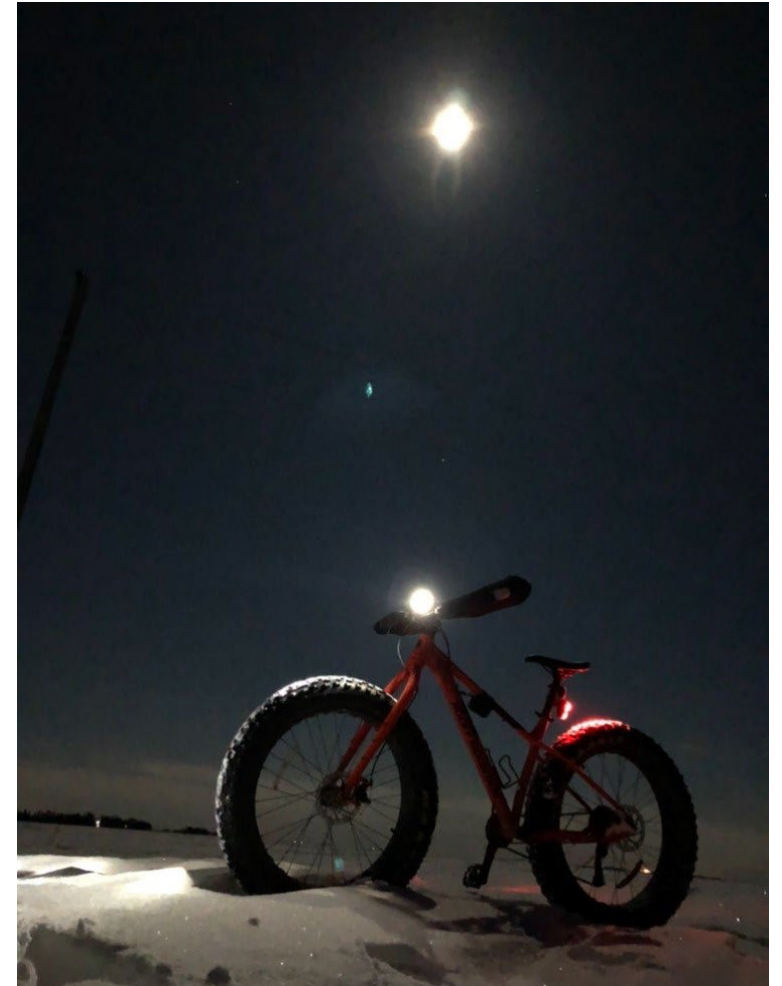
Pack these items in a saddle bag

- Identification
 - Carry an old driver's license
- Emergency contact information
 - Click [HERE](#) to purchase a ROAD ID bracelet and receive **20% off**
- Just in case money
 - Mostly for ice cream...
- Small package of sunscreen
 - Travel-size from Shoppers Drug Mart



Other Essentials

- **Lights**
 - Great for adverse weather, early mornings and evening rides
 - Look for at least 100 lumens strength and long battery life
 - Cost: \$35 to \$200
- **Loud Bells**
 - Great for getting the attention of people on bike paths
 - Look for simple and obnoxiously loud
 - Cost: \$20 to \$30



Other Essentials

- **Mirrors**

- It is always good to be aware of
- your surroundings
- There are a couple of types:
- Bike-mounted and Helmet-mounted
 - Helmet-mounted provides the most stable images
- Cost: \$20 to \$50



**Any
Questions?**

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